

SUNDAY

*\$3/class members;
\$5/class community

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

4
9 am • Circuit • Joan

11
9 am • Circuit • Joan

18
9 am • Circuit • Joan

25
9 am • Circuit • Joan

5
8 am • Circuit • Kathy
9 am • Classic • Kathy
10 am • Balance • Elaine
11:15 am • Yoga • Soad
5 pm • Zumba Gold • Bonnie

12
8 am • Circuit • Kathy
9 am • Classic • Kathy
10 am • Balance • Elaine
11:15 am • Yoga • Soad
5 pm • Zumba Gold • Bonnie

19
10 am • Balance • Elaine
11:15 am • Yoga • Soad
12:15 pm • Theater Club
5 pm • Zumba Gold • Bonnie

26
10 am • Balance • Elaine
11:15 am • Yoga • Soad
5 pm • Zumba Gold • Bonnie

6
10 am • Circuit • Elaine
10 am • Beginner Tai Chi • Sandy*
11 am • Advanced Tai Chi • Sandy*
11 am • Classic • Joan
1 pm • Mah Jong

13
10 am • Circuit • Elaine
10 am • Beginner Tai Chi • Sandy*
11 am • Advanced Tai Chi • Sandy*
11 am • Classic • Joan
1 pm • Mah Jong

20
10 am • Circuit • Elaine
10 am • Beginner Tai Chi • Sandy*
11 am • Advanced Tai Chi • Sandy*
11 am • Classic • Joan
1 pm • Mah Jong
1:30 pm • Book Club

27
10 am • Circuit • Elaine
10 am • Beginner Tai Chi • Sandy*
11 am • Advanced Tai Chi • Sandy*
11 am • Classic • Joan
1:00 pm • Mah Jong

7
8 am • Circuit • Kathy
10 am • Circuit • Kathy
11 am • Classic • Elaine
1:30 pm • Beginner Tap • Kathy**

14
8 am • Circuit • Kathy
10 am • Circuit • Kathy
11 am • Classic • Elaine
1:30 pm • Decades History Club
1:30 pm • Beginner Tap • Kathy**

21
11 am • Classic • Elaine
12:30 pm Intergenerational Dynamics Club

28
11 am • Classic • Elaine

1
10 am • Classic • Joan
11 am • Circuit • Kathy
1:30 pm • Intermediate Tap**
5 pm • Zumba Gold • Bonnie

8
10 am • Classic • Joan
11 am • Circuit • Kathy
12 pm • Garden Club
1 pm • Intermediate Tap**
5 pm • Zumba Gold • Bonnie

15
10 am • Classic • Joan
11 am • Circuit • Kathy
1:30 pm • Intermediate Tap**
5 pm • Zumba Gold • Bonnie

22
10 am • Classic • Joan
11 am • Circuit • Joan
5 pm • Zumba Gold • Bonnie

29
10 am • Classic • Joan
11 am • Circuit • Joan

2
10 am • Classic • Kathy
11 am • Yoga • Kathy
1 pm • Show Tunes • Kathy***

9
10 am • Classic • Kathy
11 am • Yoga • Kathy

16
10 am • Classic • Kathy
11 am • Yoga • Kathy

23
No classes

30
No classes

3
9 am • Circuit • Joanne

10
9 am • Circuit • Joanne

17
9 am • Circuit • Joanne

24
9 am • Circuit • Joanne

OLDER ADULT EXERCISE CLASSES

SilverSneakers® Classic

Have fun and move to the music with a variety of exercises designed to increase muscular strength, range of movement and activities for daily living. Hand-held weights, elastic tubing with handles and a SilverSneakers ball are offered for resistance. A chair is available if needed for seated or standing support.

SilverSneakers® Circuit

Combine fun with fitness to increase your cardiovascular and muscular endurance with a standing circuit workout. Upper body strength work with hand-held weights, elastic tubing with handles, and a SilverSneakers® ball are alternated with low-impact aerobic choreography. A chair is used for standing support, stretching, and relaxation exercises.

SilverSneakers® Yoga

SilverSneakers® Yoga will move your whole body through a complete series of yoga poses. Chair support is offered to safely perform a variety of seated and standing postures designed to increase flexibility, balance and range of movement. Restorative breathing exercises and final relaxation will promote stress reduction and mental clarity.

Tai Chi

The Sun style of Tai Chi includes sequences and exercises to improve mobility, balance, breathing and relaxation.

\$3/class/member; \$5/class/community.

Balance

A half-hour, low impact class designed to improve balance and increase core strength, both of which are crucial for fall prevention, improved posture and coordination in older adults.

Zumba Gold®

Move and groove your way to a healthy body. This Latin dance-inspired workout is choreographed for beginners and serious seniors.

Balance and Posture

Work on Strengthening your postural and stabilizing muscles to improve your balance in this half-hour class.

For more information

Elaine Cappucci
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or **Kathy Wayne**
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kwayne@jccpgh.org

JUNE AGEWELL PROGRAMS

- Bereavement Group
Wednesdays, 11 am

- 10.27 Healing Partnership Counseling
Mondays, 11 am-1 pm

- Conversations with Amy
June 28, 1:30 pm